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TASTES LIKE A
LASAGNA** {page 13}

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SOURCE SAYS PIPPA
AND HARRY ARE
HANGIN'** {page 10}



**SHE'S HAD IT
HOUSE ARREST
IS GETTING
TO LOHAN**
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Stabbing called attempted murder

► Accused allegedly assaulted group of people in northern downtown park ► When victim intervened, fist fight ensued and accused left park, police say ► Accused allegedly returned and stabbed victim

A scuffle between some people gathered in a park downtown turned ugly and led to an attempted murder charge, police said yesterday.

A 45-year-old man is in stable condition in hospital today after being stabbed multiple times near

Higgins Avenue and Main Street on Tuesday afternoon.

Police said yesterday the victim was with a number of people gathered in a park near the intersection when a man began assaulting some people.

The victim intervened to stop

the fighting and some punches were thrown between the two men, police said.

Neither was injured, and the alleged instigator left the park, only to return a few minutes later and stab the victim, police said.

The knifing was halted when

two bystanders stepped in, according to Const. Natalie Aitken.

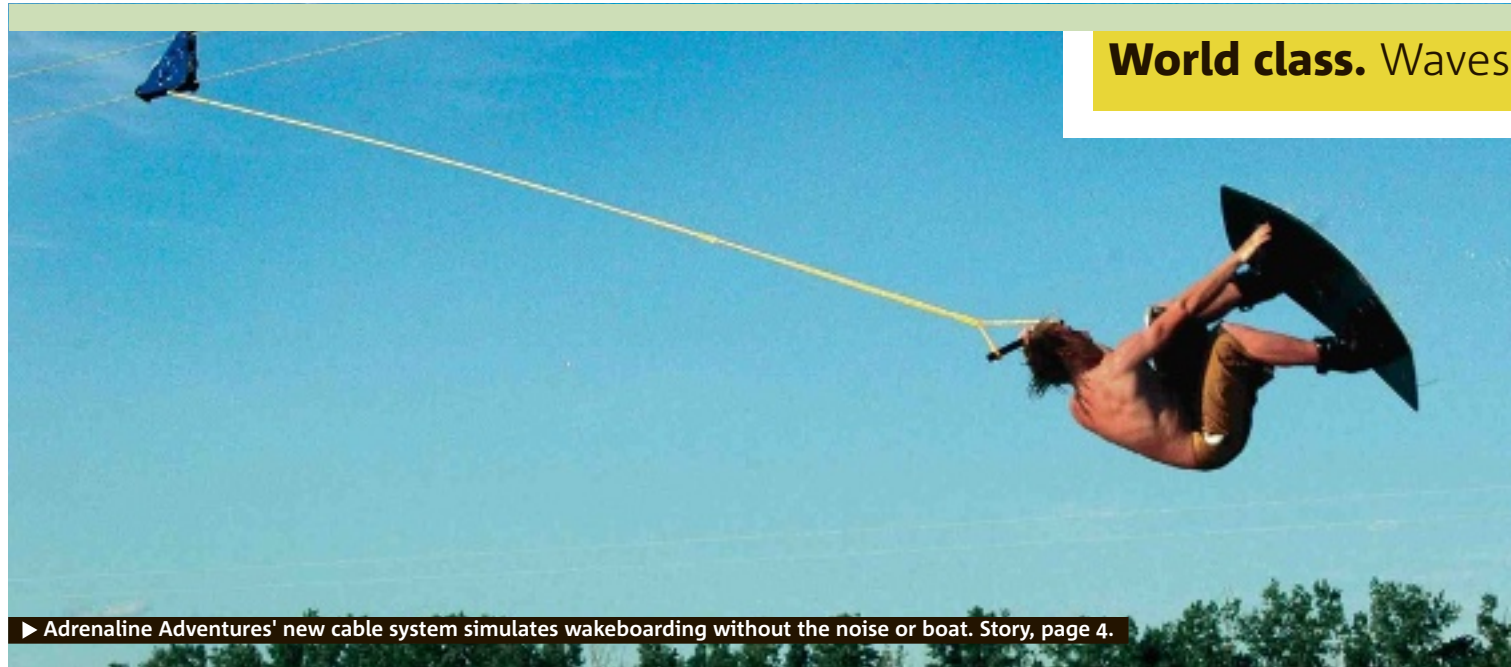
Witnesses flagged down officers who arrested a 30-year-old suspect.

The Crown recommended a charge of attempted murder against Kevin George Daniels, police said. The charge was

deemed "the most appropriate," Aitken said.

He remains in custody and is also facing charges of carrying a concealed weapon along with multiple counts of uttering threats and assault with a weapon.

● JAMES TURNER



World class. Waves

► Adrenaline Adventures' new cable system simulates wakeboarding without the noise or boat. Story, page 4.

CONTRIBUTED

Adrenaline Adventures lets you rip without the risk

Child proof

Tips to keep kids away from the dangers of lawn mowers {page 15}



Vancouver rioters feel the shame

Online public-shaming campaign emerges in wake of riot {page 6}

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Teens charged in Portage Avenue fire

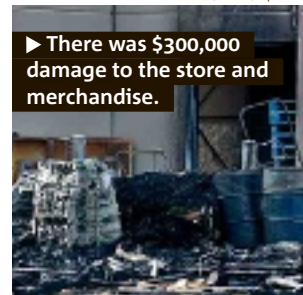
A 17-year-old male was arrested yesterday and charged with two counts of arson related to a fire at the Unicity Wal-Mart in late April.

The fire started at the back of a department store in a stack of wooden palettes. There were no injuries, but damages were estimated at \$100,000 to the building and \$200,000 to merchandise.

The Arson Strike Force found the cause of the fire suspicious and two suspects were identified. A 15-year-old male was arrested on May 25 and is facing the same charges.

● ELISHA DACEY

ELISHA DACEY/METRO



No free zoo day July 1

If you're planning on spending July 1 at the zoo this year, pack your wallet. The Assiniboine Park Conservancy is moving its Canada Day Free Day at the Zoo to a full Free Weekend at the Zoo on September 24 and 25, due to a "holiday herd" of zoo-goers who would pack the zoo to bursting. ● METRO



JAMES TURNER/METRO

▶ Canad Inns Stadium is scheduled to be demolished after the upcoming CFL season.

Outdated stadium played role in death of fan: Judge

► Judge wants safety improvements to be made at Canad Inns Stadium — slated for demolition after this season — after a fan fell to his death

Andrew Szabo died slowly after a drunken fall from the stands at a Canadian Football League game.

Lying in a Winnipeg hospital for hours, doctors oblivious to his many broken bones and internal bleeding, Szabo eventually went into shock before physicians realized there was something seriously wrong.

Yesterday, a provincial court judge ruled that outdated stadium stands, and a failure to run X-rays and other basic tests contributed to the 52-year-old man's death.

"I conclude that Mr. Szabo's death was preventable," Judge Mary Kate Harvie wrote in her report. "The recommendations in this report identify for consideration areas of improvement at the Canad Inns Stadium, for changes to the pre-hospital system, as well as recommendations for the enhancement of care of trauma patients at community hospitals."

Szabo was an alcoholic and had consumed liquor before arriving at the stadium in August 2006, his widow, Barbara, testified

at the inquest.

He had just come back from ordering two beers at the start of the game and stood up to go meet a friend when he tripped, tumbled down the stairs and through a guardrail. He fell roughly six metres to the concrete below. Paramedics took him to the nearby Grace Hospital instead of the city's main trauma unit at the Health Sciences Centre downtown.

The guardrails in the stadium's north-end stands should be upgraded immediately, Harvie

recommended. She also said building inspectors should assess handrails, steps and other parts of the aging stands to see whether more improvements are needed.

The judge urged federal and provincial agencies that set national building codes to consider making them retroactive for stadiums, hockey arenas and other public facilities. Currently, older buildings only have to upgrade their safety measures if they undergo a major renovation.

THE CANADIAN PRESS

1

news


Move over pole-dancing and Zumba: The latest Hollywood fitness craze is banging the drums. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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Winnipeg Blue Bomber hero Kan Ploen will have a street named after him. See story and video of Ploen's quarterbacking during the 1959 Grey Cup at metronews.ca/winnipeg

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VANCOUVER CONTEST

Trapped at an airport, like Hanks

Imagine being unable to leave an airport for two and a half months.

In honour of its 80th birthday this summer, Vancouver International Airport is looking for a person to be trapped at the facility — à la Tom Hanks in Steven

Spielberg's *The Terminal* — for 80 days and nights.

The winner of the Live@YVR contest will act as a storyteller, going behind the scenes at the airport and sleeping at an airport hotel.

He or she will post videos and blog about the experience on an YVR channel that can be viewed by the public.

The live-in is set to begin Aug. 17, with an honorarium awarded upon completion.

● SAHARA GIANNONE

Horse and buggy tryst

An Amish man sent text messages and lewd images to a 12-year-old girl he randomly dialed, police in Connorsville, Ind., said.

He was arrested when he arrived in his horse and buggy for what he thought was a meeting for sex.

THE ASSOCIATED PRESS

Blinded by husband

Shocked friends of a UBC student whose husband is accused of gouging out her eyes when she returned home to Bangladesh for a visit are raising funds to help her.

Rumana Monzur is now blind, the university said.

THE CANADIAN PRESS

Click — you're convicted

GEOFF HOWE/THE CANADIAN PRESS



▶ A police car burns in downtown Vancouver last week after the Canucks lost 4-0 to the Boston Bruins.

▶ Online shaming campaign sparks threats to alleged Vancouver rioters

An online public-shaming campaign has emerged in the wake of Vancouver's Stanley Cup riot.

People photographed and videotaped amid the chaos have had their lives upended — lost jobs, physical threats, online ridicule.

The looting and arson spanned several hours a week ago after the Canucks lost to the Boston Bruins.

Websites and Facebook groups have sprung up to help identify the perpetrators, using photos and videos from onlookers.

But the police are warning people not to take the law into their own hands, with some alleged rioters complaining about threats, even going into hiding.

"The scale of the re-

Photos & videos

How useful will eyewitness photos and videos be in court?

▶ Vancouver criminal lawyer Eric Gottardi says prosecutors will need to use the photos along with other evidence to prove cases.

▶ Defence lawyers and prosecutors will argue over what a photo actually shows. For example, is the person in the photo stuffing a rag into a gas tank or pulling it out?

sponse has been far greater than any in the past," said Josh Greenberg, a specialist in social media at Carleton University.

THE CANADIAN PRESS

Frances to meet royalty ... 72 years later

An Alberta senior who missed her opportunity to meet royalty 72 years ago is getting a second chance.

Frances Miller — now 81 — will get to meet Prince William and his wife, Catherine, when they visit Calgary next month.

In 1939, Miller was dressed in her finest and had a bouquet that she was supposed to present to Queen Elizabeth, who lat-

er became known as the Queen Mother, when she and King George stopped in her Alberta community.

But Miller was left heartbroken.

Because of some communication glitch, the train carrying the royal couple didn't stop as scheduled and just blew through the station.

The king waved back to the platform as the train went by.

"It seems like a dream."

FRANCES MILLER

Miller says she never thought she would get another chance to meet royalty and she still can't believe her luck.

Miller's local newspaper, the Medicine Hat News, spearheaded a campaign to include Miller in the royal itinerary at the last minute.

The newspaper says on its website Miller was contacted by the Prime Minister's Office to arrange the details.

"After hearing Mrs. Miller's touching story, we're pleased to be able to say that Mrs. Miller will have a role in the visit of the royal couple," said Andrew MacDougall, press secretary for the Prime Minister's Office.

THE CANADIAN PRESS



▶ Flashback to 1939: Frances Miller with the bouquet she was supposed to present to the king and queen.

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KLM to run planes on old cooking oil

► EU has told airlines to cut carbon emissions by three per cent on continental flights in 2012

Dutch airline KLM plans to use recycled cooking oil as biofuel to power flights to and from France in a move aimed at cutting carbon emissions.

In September, KLM will begin more than 200 biofuelled flights between Paris and Amsterdam, the company said yesterday.

Camiel Eurlings, KLM managing director, said the airline does not have to make changes to its aircraft engines to use the new biofuel. As well as reducing carbon emissions, the biofuel flights are intended to produce a "minimum negative impact on biodiversity and food supply."

Eurlings said he expects authorization to be granted soon for KLM's flights using the new fuel.

The European Union told airlines this year that they would have to cut carbon emissions on flights to the continent by three per cent in 2012.

THE ASSOCIATED PRESS

Market moment

TSX



+ 49.19
(13,112.51)

Dollar



- 0.08¢
(102.76¢ US)

Oil



+ \$1.33 US
(\$95.50 US)

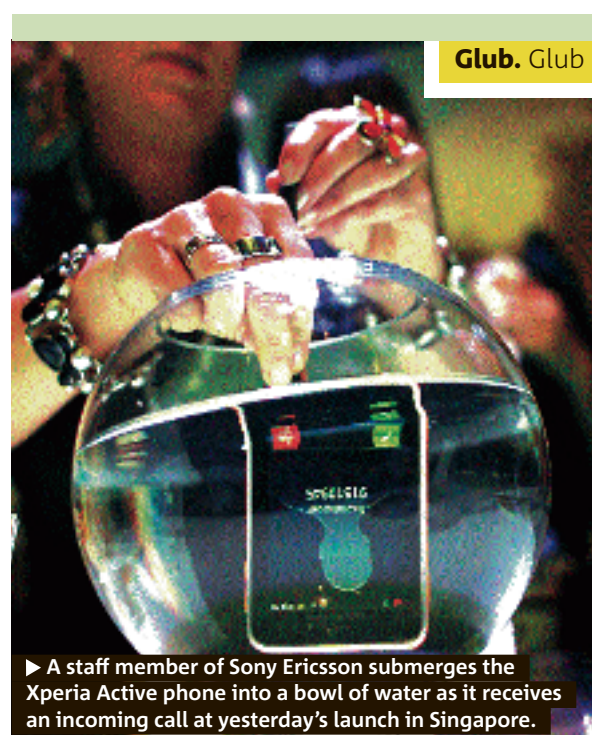
Natural gas
1,000 cu ft
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(- 4¢)

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PRICES AS OF 5 P.M. YESTERDAY

Going Dutch

- An Air France-KLM Boeing 747 using a 50 per cent biofuel-jet fuel mix completed a demo flight in the Netherlands in 2009.
- Forty people flew on the 90-minute flight, including the Dutch economic affairs minister.



► A staff member of Sony Ericsson submerges the Xperia Active phone into a bowl of water as it receives an incoming call at yesterday's launch in Singapore.

WONG MAYE-E/THE ASSOCIATED PRESS

Phone makes a splash

Cellphone maker Sony Ericsson unveiled two new Android models yesterday in a bid to grab more of the burgeoning smartphone market dominated by Apple Inc., Research In Motion and Nokia Corp. London-based Sony Ericsson will launch the Xperia Ray and Xperia Active models in the third quarter.

Metro and CBB team up on auto website

Metro has partnered with Canadian Black Book (CBB) to help readers buy, sell and determine the value of their vehicle with a few simple clicks.

Through Metro Drive online, readers can combine Metro's auto stories with CBB's interactive tools to gain information on the trade-in value, average asking price and future value of cars and trucks manufactured since 1998.

CBB has been providing dealers, insurers and banks with vehicle values for more than 50 years. The company released some of its services to the public last year with the launch of canadianblackbook.com.

The site has received more than 3 million hits since its launch in May 2010.

For more information, go to metronews.ca/drive.

● PHOEBE HO



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DUST BUNNIES MAKE GOOD PETS, THOUGH

HE SAYS ...

JOHN MAZEROLLE
METRO



My parents are visiting soon, which is exciting because it means I have to clean my apartment.

That's an unprecedented opportunity. Like an athlete

playing for a championship, this live-alone bachelor will stand with a wash bucket filled to the brim with determination and think, "Chances like this come but once in a lifetime."

You might assume that if I wanted my apartment to be clean I could fix it up any time I want, but it's not that simple.

First of all, my apartment gets messy without my knowledge. I'm not sure how it happens, but I'll leave the odd book lying around, a stray load of laundry, a whole roast chicken and — bam! — my apartment is messy.

It's not a big place, my apartment, but it has ninja skills and sneaks up on me.

An example: Just months ago, I had a typical bachelor fridge — one bottle of ketchup and a box of baking soda. But now, inexplicably, it's packed. Not with edible food,

but with homemade Accidental Soup, newly created dried fruit, and products stamped with expiry dates that evoke nostalgia. I don't know which came first, but the chicken died of old age before these eggs were eaten.

My second problem is that I'm a guy.

I don't know how many times women have warned me that their apartment is an "absolute mess." Then we step inside and there's an open magazine and half a glass of red wine. If I lay my eyes on either, they run over to remove it as if I had just discovered a human head.

Guys go through the absolute mess spiel, too, but

we mean it. A glass and a magazine would not qualify. More likely we would consider that suitably sterile for a kidney transplant.

A bit messy might involve ketchup stains on the wall and chomped cigar bits on the floor. An absolute mess would involve livestock.

But here's the thing: I *want* my apartment to be clean. I often do clean, but it always seems to be at the surface level — the top third of the dirty clothes get washed over and over, while the bottom two-thirds are left only with unfulfilled dreams.

With my parents arriving soon, I finally have the driving force I need to see what lies at the bottom of the hamper. Unless my parents read this and decide to stay somewhere nicer, such as a gas station bathroom.

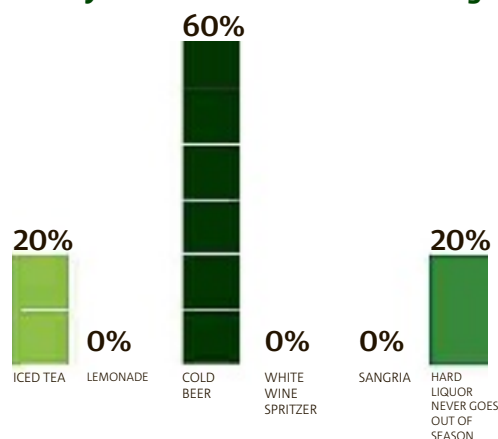
Don't show them this, please. I'm not ready to come clean just yet.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metrolifepanel.ca
and take the quick poll

What's your favourite summer beverage?



Worth mentioning

LONDON. A handgun once owned by gangster Al Capone sold for nearly \$110,000 US yesterday at an auction in London.

The Colt .38 revolver was manufactured in 1929, the year of the St. Valentine's Day Massacre, when seven people were slain during clashes in Chicago between Capone's gang and a rival mob.

Auctioneer Christie's says the gun went for \$109,080 US to an anonymous online bidder.

It was sold by an anonymous private collector along with a letter from Madeleine Capone Morichetti, the widow of Al Capone's brother Ralph, confirming the gun "previously belonged to and was only used by Al Capone while he was alive."

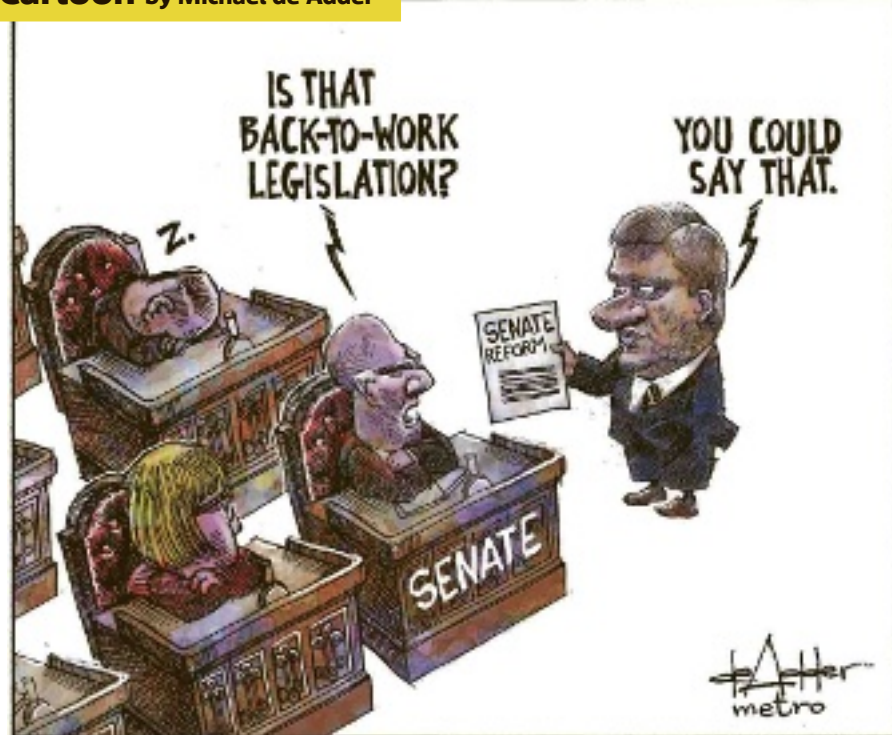
The sale price was at the upper end of the pre-sale estimate of between \$80,000 and \$113,000. It includes a buyer's premium.

New York-born mobster Alphonse (Al) Capone dominated the Chicago underworld during Prohibition until his 1931 arrest for tax evasion.

Capone died in 1947.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Little leadfoot just wanted to see his dad

A seven-year-old boy, barefoot and in pyjamas, drove a car for 30 kilometres, sometimes hitting speeds of 80 km/h, before finally slowing down and stopping with the help of authorities.

"He was crying and just kept saying he wanted to go to his dad's," Caseville, Mich., police Chief Jamie Learman said. "That was pretty much it. He just wanted to go to his dad's."

Police began looking for the Pontiac Sunfire around 10:15 a.m. Monday after someone called about a very young driver.

The boy was staying with his mother in Huron County's Sheridan Township, a rural area 180 kilometres north of Detroit. She had worked the night shift and was unaware her son and the car were gone.

The boy had hoped to drive to his father's home in Filion, also in northern Michigan. Police pulled him over in a 90 km/h zone in Caseville Township, some 25 kilometres to the west.

Learman told the Detroit Free Press he has seen drivers younger than 15, but not someone this young.

THE ASSOCIATED PRESS

Manitoba's MEME is starting to trend

► Whiskey Dix hosting this year's electronic music festival ► MEME's biggest act, Thomas Fehlmann, expected to draw big on Saturday

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG



Rave on. Featuring some of Winnipeg's and the world's best DJs and VJs, the Manitoba Electronic Music Exhibition (MEME) — starting tonight at Whiskey Dix — will be a wild party, but the festival is much more than techno and glow sticks.

"There are still a lot of people who have the wrong impression of what electronic music is," says Nathan Zahn, 32, electronic music DJ/promoter and director of MEME. "You have pop, electro, trance and club music, which are all fun, especially if you're younger, but beyond that there's much more sophisticated electronic music. Just like in jazz or rock, there's elevated music. This festival in our opinion is the best of electronic music, a little more artsy and intellectual, but still fun,

party music."

MEME — now in its second year — was started by Zahn and a few other Winnipeg electronic music enthusiasts, including Balanced Records and production company Symptom Technologies. In addition to club shows, the festival features a special workshop component and three free all-day outdoor concerts at The Cube. Last year's sole Old Market Square show was a surprising success.

"There had to be at least 1000 people in attendance for the last hour and a half," says Zahn. "I go to a lot of shows and I didn't recognize a lot of the people, which I loved. They were dressed well, dancing to techno and having fun. This year, weather permitting, I don't see why we won't have thousands of people out, Saturday night especially."

Full festival passports are \$40 and available at Kustom Culture. Individual event tickets range from \$10 to \$20 and are available at Kustom Culture and Into the Music. For venue, show times and event information go to memetic.ca.



► Mich Pambrun (a.k.a. Phaze M), left, Nathan Zahn, Jabez Wray, Mike Jasper

Train produces wine for their fans

The Grammy-winning group Train has been making waves with its wine club, and now, the trio is taking the next step with its own wine.

Starting next week, fans will be able to buy Drops of Jupiter Petite Sirah wine from Train's online wine club and other outlets. The name is a nod to one of Train's earlier hits, and is produced by the group's

wine company, Save Me, San Francisco Wine Co., which takes its title from a Train album.

But Train guitarist Jimmy Stafford said the wine venture isn't an attempt to make a profit on the Train name — it's more about creating something special for fans.

"We're not really trying to get into the wine business or anything. It's really

kind of helping to spread the name out there, and something for our fans," he said in a phone interview Tuesday.

Train, which won a Grammy Award this year for Hey, Soul Sister, has had an online wine club for a while. The group promotes a wine of the month, has a blog and even an app.

THE ASSOCIATED PRESS



► Scott Underwood, left, Patrick Monahan and Jimmy Stafford make up the group Train.

2

scene

Draper cashes in



Don Draper is getting job security and a raise.

Jon Hamm, who plays 1960s advertising executive Draper on AMC's *Mad Men*, has signed a new contract with series studio Lionsgate Television Group. Hamm's publicist, Slate PR, said Tuesday that the deal keeps him with the show for three more years. The actor will receive a substantial raise for the upcoming fifth season. By the contract's final year, he'll earn more than \$250,000 an episode, *Variety.com* reported, citing unidentified sources.

THE ASSOCIATED PRESS



Simple Plan's newest features collaborations with Weezer's Rivers Cuomo, K'naan

Miley's boyfriend OK by dad

Miley Cyrus is back together with boyfriend Liam Hemsworth, and her dad, Billy Ray Cyrus, couldn't be happier. "He's a great guy. He's solid. He's got great character," Billy Ray

tells E! Online.

"He's just a really good guy. I really like him a lot."

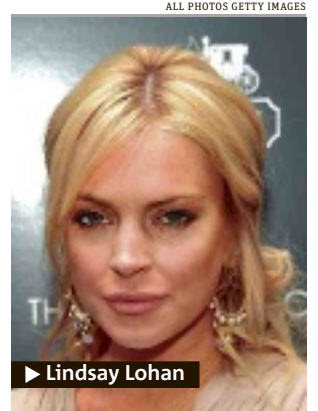
Last week, Miley's brother Trace confirmed the couple was once again dating.

● METRO



Lindsay's got cabin fever

- Lohan's finding house arrest a bit limiting
- Says she might return to (alcohol-free) clubbing



► Lindsay Lohan

Lindsay Lohan admits that being under house arrest in her Venice Beach condo is starting to get to her.

"I'm a very social person, and I like being outside," she tells Life & Style. "I'd like to get out more — just going out and having dinner."

And while Lohan insists that "alcohol is not in my house, so it's just not a part of my life," she hasn't ruled out a return to the nightclub life when her sentence is up. "I don't think you should ever say never," she says.

● METRO

Harry and Pippa getting friendly?

While their siblings enjoy being newlyweds, Prince Harry and Pippa Middleton have reportedly been spending some quality time together, according to Grazia.

"They speak on the phone all the time and have met up at least five times since the wedding, once for tea at his Clarence House apartments," a source says.

"She thinks he's got a really cheeky sense of humour."

The pair have something else in common as well, as they're both recently single.

"He only recently came out of a relationship, of course. He's been trying



► Pippa Middleton

to cheer Pippa up," the source says.

● METRO

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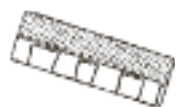
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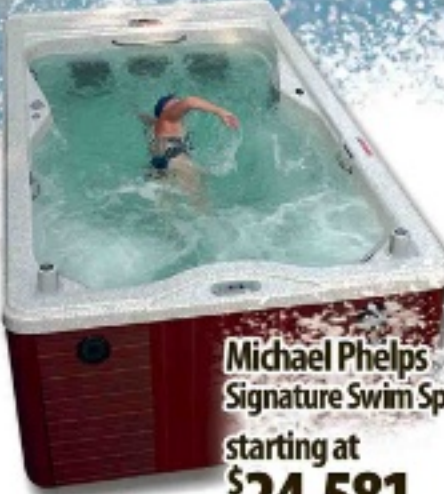
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3
life

Style picks

ZARA

zara.com

Zara has debuted an impressive spring/summer lineup of handbags, which span everything from quirky, neon totes to chic leather carryalls.

METRO



Katy Perry marks fragrance launch in Toronto

Dressing within the lines

- The Middletons have thrown the fashion world a curveball with their safe and pretty personal style
- Will it stick? From the looks of retail, probably

KENYA HUNT
STYLE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

It seemed like fashion's loud and wild moment

was sealed, with pop stars like Lady Gaga and Rihanna ruling the best-dressed lists and trends such as sequins and fur dominating the runways. Then a princess entered the pic-

ture.

Something happened when Kate and Pippa Middleton made their way up the steps to Westminster Abbey in April. The sisters weren't just claiming their new roles as tabloid obsessions, they were also ushering in a trend for conservative and preppy dressing not necessarily sanctioned by the runway or magazine editors or even the whims of street style.

The Middletons are the respectable foil to Gaga's outlandishness.

Their skirt lengths are modest. They wear nude stockings. Their blouses are tucked in. And their shoes aren't too high.

They're the daughters of multi-millionaire parents. Yet in a strange way, their personal style — touched by nary a Rachel Zoe or Nicola Formichetti — represents that of average working girls everywhere, women who can't afford stylists or don't want the hassle of walking around in tall Jimmy Choos. This is made all the more clear by the speed at



► Pippa in Zara



► Cinched waists and skirts just above the knee. Kate and Pippa Middleton are bringing modest, preppy dressing back.

which anything worn by the Duchess of Cambridge sells out.

The polished looks the sisters have worn these past few months are not unlike the office-appropri-

ate dresses you might see in Ann Taylor. It's the kind of safe clothing, that would make most fashion types balk and is also the very thing that makes them a colossal hit.

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Give a whole new meaning to the term 'chicken night'

► This dish has the flavour of lasagna with the substance of chicken ► It takes 20 minutes to make

The goal was a simple chicken casserole that had the rich, satisfying flavour of a lasagna.

Actually, that's a lie. The goal was a chicken roulade — a dish in which chicken breasts are pounded flat, then slathered or layered with some sort of filling, then rolled into a log and roasted or braised.

Except my roulade didn't co-operate. During roasting, the cheesy innards oozed out all over the baking sheet, then promptly burned. The result was an ugly mess.

Then it occurred to me: If the cheese wanted to ooze out of the chicken, why not reverse the dish and start it that way. And thus was born this simple chicken casserole that

Ingredients:

- 250 ml (1 cup) ricotta cheese
- 250 ml (1 cup) shredded mozzarella
- 500 ml (2 cups) prepared roasted red peppers, drained, dred and diced
- 1 egg
- 7 ml (1/2 tbsp) lemon juice
- 1 clove garlic, minced
- 2 ml (1/2 tsp) each dried oregano and basil
- 3 ml (3/4 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 15 ml (1 tbsp) olive oil
- 625 g (1 1/4 lb) boneless, skinless chicken breasts, cut into 2.5-cm (1-inch) chunks
- 175 ml (3/4 cup) panko breadcrumbs
- 30 ml (2 tbsp) butter, melted

tastes like a lasagna.

The chicken can be served over a bed of noodles or rice. It also could be spooned into a sub roll.

Preparation:

- 1 Heat oven to 200 C (400 F). Coat a 20-cm-by-28-cm (8-by-11-inch) baking pan with cooking spray.
- 2 In a medium bowl, mix together ricotta cheese, mozzarella, red peppers, egg, lemon juice, garlic, oregano, basil, salt and pepper. Set aside.
- 3 In a large skillet over medium-high, heat oil. Add all of the chicken and cook, stirring occa-



Start to finish:
45 mins (20 mins active)
Servings:
8

► This dish can be served over a bed of noodles, rice or in a sub roll.

sionally, until lightly browned, 6 to 8 minutes. It does not need to cook through. Transfer chicken to prepared baking pan. Pour cheese mixture over

chicken, then stir gently to combine.

- 4 In a bowl, mix the panko and butter. Sprinkle the panko over chicken, then bake for 25

minutes or until the breadcrumbs are browned and chicken is cooked all the way through.

THE ASSOCIATED PRESS

► This perfect-for-summer Southwestern Chicken Slider is a healthy, indulgent burger — bacon and all

Sliders set the stage for the kind of portion control that allows you to include all the ingredients that make burgers great.

Preparation:

- 1 Heat gas grill to high or light a charcoal fire.
- 2 In bowl, mix ground chicken, salt, pepper.
- 3 Form into eight 1-cm (1/2-inch) thick patties.
- 3 In a small bowl, mix together mayonnaise and adobo sauce. Set aside.
- 4 Using a vegetable oil-soaked paper towel held with tongs, oil grill grates. Grill chicken burgers, flipping once,
- 5 until a thermometer registers 74 C (165 F) at the centre, 3 to 4 minutes per side. Top each burger with some cheese and bacon, continue grilling until melted. Meanwhile, toast rolls at edge grill.
- 5 To assemble, spread some of the mayo mix

on top and bottom of each roll. Place a burger on each roll bottom and

top with some french fried onions, shredded lettuce and tomato slice.

Top with the remaining roll halves.

THE ASSOCIATED PRESS

Ingredients:

- 500 g (1 lb) ground chicken
- 2 ml (1/2 tsp) salt
- 3 ml (3/4 tsp) ground black pepper
- 50 ml (1/4 cup) reduced-fat mayonnaise
- 5 to 10 ml (1 to 2 tsp) adobo sauce from canned chipotles, to taste
- 75 ml (1/3 cup) shredded reduced-fat cheddar cheese
- 50 ml (1/4 cup) crumbled cooked bacon
- 8 mini burger buns or rolls
- 50 ml (1/4 cup) canned french fried onions
- 125 ml (1/2 cup) lettuce
- 2 cocktail tomatoes, sliced



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DESIGN CENTRE



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Morocco is influenced by the many cultures that surround it.

Acting as a crossroads between the east and west, north and south, Moroccan decor blends styles from France, Portugal and Spain from the northwest, with strong African, Persian, and Islamic influences from the south and east.

This results in a unique and inspirational style specific to Morocco.

Want to create the perfect ethnic-inspired gro-tto or outdoor retreat? Here's a few elements to consider incorporating.

Strong Moroccan colours

Colour is the focal point of Moroccan decorating.

Use colours like turquoise blue and bright green, mixed metallics like gold and silver for nighttime glitter, and rich reds and oranges that conjure up images of African sunsets.

Moroccan-style furnishings

Interior spaces are busy

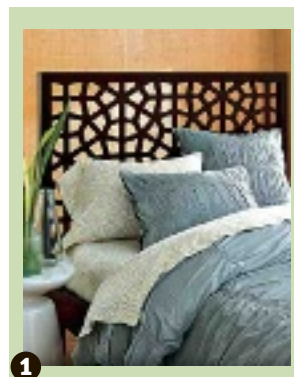


► Moroccan-style beds and sofas are inviting and set low to the ground.

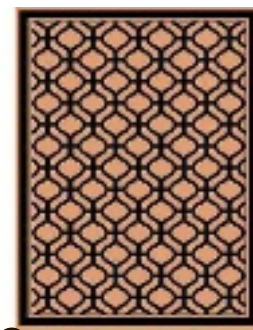
with patterns but simple with furniture.

Sofas and tables are inviting and set low to the ground.

Add colourful pillows, blankets and rugs to the ground for another level of entertaining in true Moroccan style.



1



2

1 WEST ELM \$400

MOROCCAN HEADBOARD: Frette and lattice cut-out shapes are reminiscent of Moroccan-inspired furniture.

2 HOME DEPOT. \$119

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3



4

3 PIER ONE \$25-\$40

MOROCCAN LANTERNS: Colourful glass and exotic shapes add an exotic feel to any room.

4 CRATE AND BARREL \$80

SYMMETRY PRINT: Artwork that looks like tiles help give a handmade exotic feel to the walls.

Floors in Moroccan interiors

Floors of dark hardwood are covered with plush Persian rugs, and stacked floor cushions create the perfect base for a Moroccan-style room.

Ceramic tile is often used for flooring and gives a cooling effect underfoot.

Plants for Moroccan decor

Placed in large, colourful pots or baskets, exotic plants such as banana trees or papyrus help to create an oasis-like feel in a Moroccan-style home.

Overhead umbrellas and canopies

Richly coloured sheer or silk swagged over seating or dining areas or mosquito netting over beds add a mysterious touch, reminiscent of desert bazaar tents.

How provocative!

Sensual Moroccan scents

Choose candles, incense, or diffusers in scents rich with spices like cinnamon, nutmeg, saffron, or any exotic spices.

They'll help turn your outdoor space into a Moroccan bazaar.

Romantic lighting

► Dim lighting can be achieved by lamps and pendants made from coloured glass, cut metal and carved wood.

► Using candles in traditional lamps will add the romantic element of moving light to your decor and exotic scents.

► Simple glass votives wrapped on the outside with colourful cellophane paper will also add an inexpensive and colourful flicker to your space.

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Keep kids away from lawn mowers

► Tips to help keep them safe

Some Canadians may already be getting their fill of cutting the grass, but that doesn't mean lawn mower operators should be lax when it comes to safety.

Between 1990 and 2006, a total of 1,161 patients visited Canadian hospitals for lawn mower-related injuries, according to Health & Safety Watch.

Here are some tips from the organization to ensure safety around lawn mowers:

- Never allow children to play on a lawn mower, even if it is turned off
- Never allow a child to ride on a riding lawn mower with you
- Keep children indoors and do not allow children to play nearby while you are mowing
- Children should be at least 12 before operating any lawn mower and at least 16 to operate a riding mower
- Before mowing pick up stones, toys and debris from the lawn to prevent injuries from flying objects
- Wear shoes, not sandals, and use eye and hearing protection
- Start and refuel mowers outdoors, never in a garage
- Refuel with the motor turned off and cool
- Only adults should adjust blade settings
- While mowing, use mowers with automatic shut-



down abilities, such as those with a control that stops motion when the handle is released

- Don't mow in reverse unless necessary, and watch out for others

- After mowing, wait for blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel roads.

THE CANADIAN PRESS

Green lawn, green lawn mower

You might not realize it, but that old gas mower sitting in your shed is a major contributor to summertime air pollution. In fact, running an old gas-powered lawn mower for one hour can produce as much air pollution as driving a new car 550 kilometres.

There are green choices when it comes to lawn care. What you use comes down to the size of your yard and personal preference.

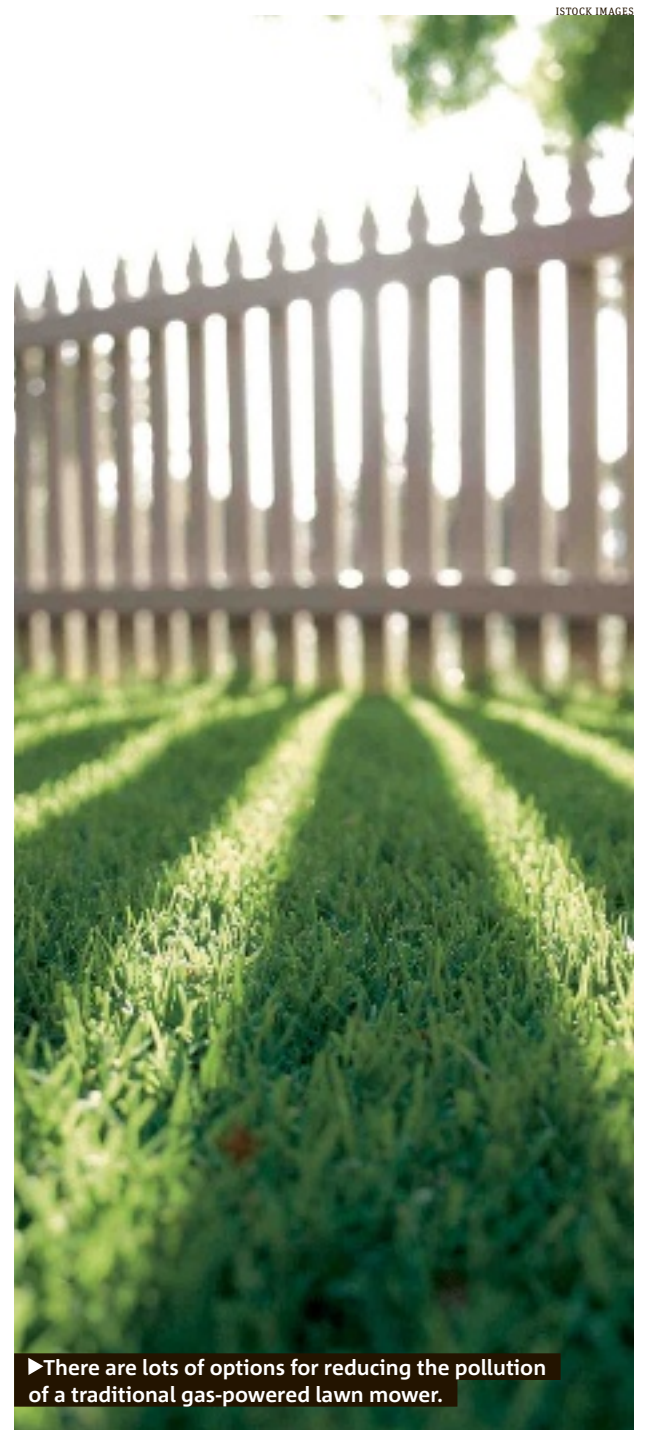
The greenest choice by far is a reel mower powered by you. Ideal for small, flat lawns, these simple and quiet mowers release no pollution into the atmosphere. You'll get your exercise and achieve top notch results with a durable Craftsman reel mower from Sears.

For up to half an acre, an electric or battery powered mower is a great green choice.

Compared to a gas mower, they are cleaner and quieter plus without the need for fuel, tune-ups and oil filters, you will spend less money on maintenance.

Sears offers both corded and cordless options. With a cordless electric mower you can move around the yard with ease but running time is limited to the chargeable battery power. The corded electric mower has unlimited running time but will only reach as far as the extension cord will allow. Again, the choice depends on preference and yard size.

Gas powered mowers



► There are lots of options for reducing the pollution of a traditional gas-powered lawn mower.

are ideal for large lawns, but they release pollutants into the atmosphere. For a greener gas mower choose the Craftsman 22-inch front-wheel lawn mower

with the Eco Plus technology engine. These mowers emit 38 per cent less exhaust emissions than current Canadian standards.

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- ▶ One person's trash is another person's new bedside table
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DIY IDEAS

For those short on cash, grabbing a curbside cast-off is a viable solution to redecorating. However, thanks in large part to the bed bug epidemic, this form of recycling can lead to expensive risks.

Husband and wife design team Linda Wary and John Meyers are experts in all things vintage. Their book, *Tossed & Found: Unconventional Design from Cast-Offs* is all about repurposing found objects. They give us a few tips.

Walk away from upholstery

Bed bugs hide and lay eggs in almost any material, especially soft textiles.

Never bring bed frames, mattresses, box springs or upholstered furniture into your home, warns the duo.

Also: "Fabric on an upholstered chair can age and develop mould," says Wary, "and a rusty spring or staple inside a chair can break or pop out — and you don't want to sit on that."

(A deep puncture wound, such as from a spring or staple, is most susceptible to tetanus infection — see your doctor if you get pricked!)

It's a treasure hunt

When it comes to salvaging, "sometimes you can find one-of-a-kind items that you're never going to find anywhere else, like a five-panel wood door or (an art deco) piece of brass," Meyers affirms.

Sniff test

Before it's dealt with at home, smell it! "Cigarette and (urine) odours never come out," Meyers warns.

A musty smell on an end table might clear out if it's left out in the sunlight for a day or two.

"But it depends on the severity of the smell," Wary adds. "I once left an old jacket out for an entire summer!"

Is it cost-effective to pick it up?

"Can you realistically clean it up if it's a little dirty? Or if it's a lamp, are you going to be able to rewire it if it doesn't work?" Meyers says. "If it seems impossible to fix, re-donate to the curb."

Safe bets

Glass vases or plastic storage boxes are usually reliably clean finds. "If it looks like it's in good shape, with no strange smells, don't worry about cleaning it before bringing it home," Wary says.

● METRO

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Premature. Exit



► Gilles Muller, left, and the Wimbledon umpire check on Milos Raonic after he fell down awkwardly yesterday.

JULIAN FINNEY/GETTY IMAGES

Raonic at the centre of Canada's painful day at Wimbledon

It was a rough day for Canada at the All England Club. Milos Raonic retired because of injury yesterday and Rebecca Marino and Stephanie Dubois also bowed out in the second round as the last Canadian singles players were eliminated at Wimbledon. Raonic had just broken Luxembourg's Gilles Muller for a 2-1 lead in the first set when he went down awkwardly and was forced to call it quits after just 23 minutes. The 20-year-old from Thornhill, Ont., went to hospital for an MRI. **THE CANADIAN PRESS**

Expect top pick to be used on a forward

THE HOCKEY NEWS

JOHN GRIGG
WINNIPEG@METRONEWS.CA



Welcome back to the draft, Winnipeg. It's been a long winter of discontent but summer has finally arrived, and the more things change, the more they stay the same.

In 1995, your beloved Jets' final first-rounder came seventh overall. This time, the Winnipeg

Whatchamacallits also pick at No. 7. Last time around the Jets selected some kid named Shane Doan, a winger from the Western Hockey League. And once again a forward is in the offing.

Your team is deep on defence with the likes of Tobias Enstrom, Dustin Byfuglien, young Zach Bogosian and a good supporting cast. In goal, Ondrej Pavelec will be 24 when the season begins and his numbers will only improve as the team around him does. Up front, Evander Kane and Alex Burmistrov are talented but still green and growing; it's too early to tell where they'll end

up. On a good team, everyone else is a second-liner at best.

In the pipeline there's not much to speak of. The Atlanta Thrashers moved their first-round picks up quickly in recent years — Bogosian, Kane and Burmistrov all jumped right to the NHL from the draft. Gritty Swede Carl Klingberg, 20, could be in Winnipeg as early as next season, but he doesn't project as a scorer, which is what you hope to get in the top 10.

At No. 7, general manager Kevin Cheveldayoff isn't likely to get any of the four most-hyped forwards — Ryan Nugent-Hopkins,

Gabriel Landeskog, Sean Couturier, Jonathan Huberdeau — but there will be some intriguing kids from which to choose.

For scoring wingers, Sven Bartschi of the Portland Winterhawks led all WHL rookies in goals and points. If a playmaking centre is more Cheveldayoff's style, Ryan Strome of the Ontario Hockey League's Niagara IceDogs fits the bill. Then there's the fastest-rising prospect of them all, skilled banger Mika Zibanejad from Sweden.

Now, are any of these kids going to be the next Shane Doan? Way too early to tell. Could they be bet-

ter? Anything's possible. Doan is a perennial 20-plus goal-scorer and one of the NHL's all-around good guys, a leader on and off the ice. But Doan's never scored 80 points or 35 goals, numbers any team picking in the No. 7 range hopes to see eventually.

So come tomorrow night, Winnipeg will have its newest NHLer. Whether he'll live up to or surpass what the last first-rounder to pull on a Winnipeg jersey has done will take some time. But just hope he doesn't turn out to be Steve Kelly or Terry Ryan, the two guys who sandwiched Doan in the '95 draft.

NHL awards



1



2



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1 Nicklas Lidstrom won his seventh Norris Trophy.

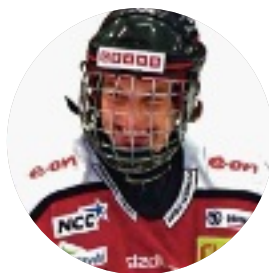
2 Jeff Skinner won the Calder Trophy.

3 Corey Perry won the Hart Trophy as league MVP.

4 Tim Thomas won his second Vezina Trophy. **THE CANADIAN PRESS**

4

PROSPECTS TO KEEP AN EYE ON



MIKA ZIBANEJAD, C

► The son of a Finnish mother and Iranian father, Zibanejad could elbow his way into the top 10. Considered a power forward, the six-foot centre is also a strong skater.



JOHN GIBSON, G

► Hoping to follow in the footsteps of predecessor Jack Campbell, who was taken 11th overall by Dallas last year, Gibson is the top-ranked North American goaltender.



NATHAN BEAULIEU, D

► One of four Sea Dogs players who could be selected in the first round, he counts Drew Doughty and Sam Gagner among his workout companions in the off-season.



SEAN COUTURIER, C

► Once considered a potential No. 1 pick, Couturier has seen his stock dip slightly. However, the QMJHL MVP should still be selected early. **THE CANADIAN PRESS**

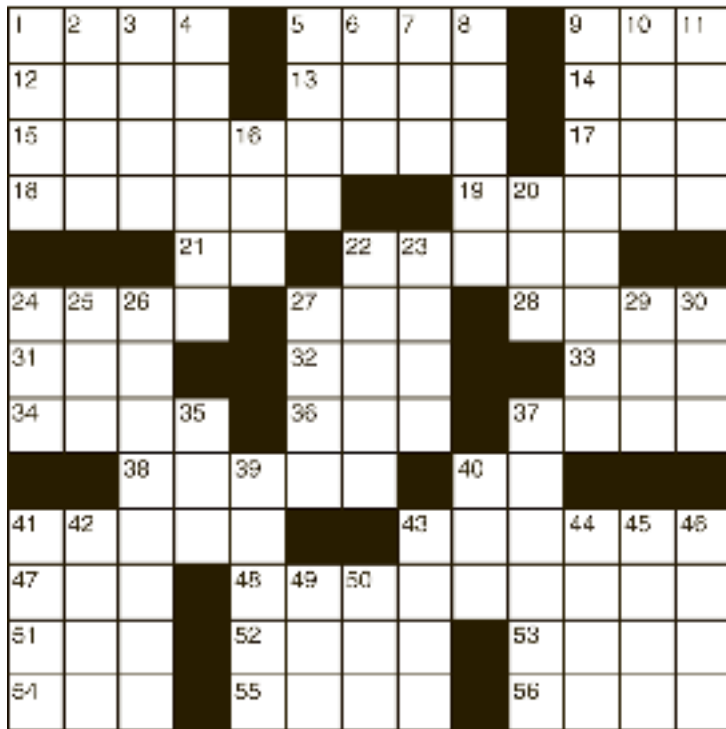
Crossword

Across

1 Persian sprite
5 False god
9 Quilters' get-together
12 Tied
13 Pond organism
14 Young fellow
15 Ceremonial greeting
17 Spoon-bender Geller
18 Soldiers
19 Occurrence
21 Yours truly
22 "Get lost!"
24 Ellen of "Juno"
27 Cattle call
28 First-rate
31 Mess up
32 Recede
33 Raw rock
34 Coral structure
36 In medias —
37 Winter forecast
38 Presbyterian
40 The x in "2x4"
41 Hiawatha's craft
43 Get along somehow
47 Cage piece
48 Swift pooch
51 Oklahoma city
52 Family member
53 Party pooper
54 Has permission
55 Green or Rogen
56 Fill till full

Down

1 Saucy
2 Always
3 Start over
4 1040 information



5 Prohibits
6 Matterhorn, for one
7 Time of your life?
8 Procrastinator's reply
9 The Marcell's biggest hit
10 Deserve
11 Rewrite
16 Mimic
20 Cistern
22 Uninfluenced?
23 Corn castoffs
24 Apiece
25 Is pluralized

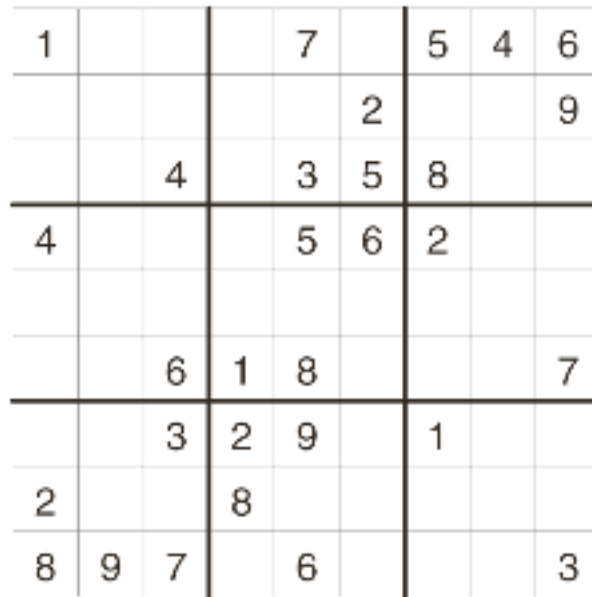
26 Wisconsin city
27 Unembellished
29 Expert
30 Stitch
35 Sitcom waitress
37 Churchy councils
39 Impressionist Edgar
40 "Humbug!"
41 Pull an all-nighter
42 Verdi opera
43 Folklore
44 Emanation
45 Summertime pest
46 Advantage
49 Regret

50 Tolkien tree creature

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

7	4	3	2	8	6	1	5
6	9	1	5	3	7	2	4
2	5	5	1	4	6	9	7
3	1	4	7	8	9	5	2
5	6	7	3	2	4	1	9
9	2	8	6	1	5	4	3
8	7	2	4	5	1	3	6
1	5	9	6	6	3	7	4
4	3	6	9	7	2	8	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

JENNY!

Happy 19th Birthday you old fart! =P Dont worry to much though you'll always be a youngin to me!

LOVE EANUS =)

CB,, Babe, It's been almost ten years now and we've definitely had our ups and downs. Things are really beginning to settle down for us and I am so blessed to have a man like you. I love you like there is no tomorrow. XOXO KL

Zee, Baby habibii, I love you so much and love being married to you. I love waking up 1st thing in the morning to just look at you sleeping by my side, I love the way you make me feel with you, I love spending time with you and want to spend the rest of my life with you, forever & always. My love, my life, my everything. <3 SOUMI

A look at the weather

TODAY
Min 10°
Max 24°

THURSDAY
Min 13°
Max 23°

THURSDAY
Min 15°
Max 24°

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 You don't like to admit you made a mistake but you'll have no choice today as something you started last week goes spectacularly wrong.

♉ Taurus April 21-May 21 You will have to make some serious sacrifices over the next few days.

♊ Gemini May 22-June 21 You are not in the mood to make compromises and will insist that things are done your way or not at all.

♋ Cancer June 22-July 22 Why are you running from something you fear? You should run towards it.

♌ Leo July 23-Aug. 23 If someone is trying to muscle in on your territory, don't make a big issue of it. Ever heard of sharing?

♍ Virgo Aug. 24- Sept. 22 What happens today, tomorrow and over the weekend will change the rules of the game you are playing.

♎ Libra Sept. 23-Oct. 23 Always give yourself two, or even several, options. That is key for you.

♏ Scorpio Oct. 24-Nov. 22 You will get the chance to make your dream come true, but it may cost you — in more than just money.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

You need to make a decision about a relationship that has been causing you sleepless nights.

♑ Capricorn Dec. 22-Jan. 20

You really must reward yourself with a rest. Not even a Capricorn can carry on forever.

♒ Aquarius Jan. 21-Feb. 18

Whatever you are working on, see it through to the end.

♓ Pisces Feb. 19-March 20. You will be reminded today that taking too much for granted is never a good idea. **SALLY BROMPTON**

Caption contest



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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HELD OVER 4 MORE WEEKS!
MUST CLOSE JULY 31

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in time to experience
the legend of Titanic
like never before."*



*"Your boarding pass
to history."
—The Gazette*

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OR VISIT: **teenchallenge.tc**

*"Teen Challenge helped
me get my dad back!"*

— TAYLOR

I came to Teen Challenge very desperate. Surrounded by drugs and the life that comes with it. My life took a turn for the worse and I lost the opportunity to see my daughter on a regular basis. I finished the 12 month program a changed man. I've been clean for three years now, and the best part is, my girl is now part of my life full-time. — AJ

